

Health Matters

LOUISVILLE METRO



*"To protect, preserve
and promote the health,
environment and well-being
of the people of Metro
Louisville."*

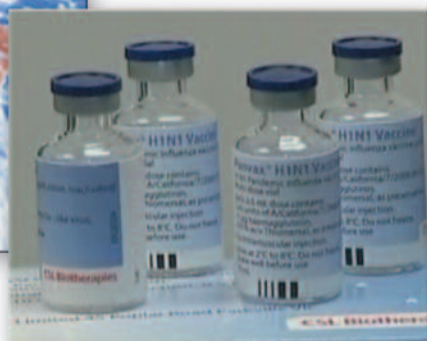


Volume 2, No. 7
Fall 2009

LOUISVILLE METRO PUBLIC HEALTH AND WELLNESS



Public Health & Wellness Receiving H1N1 Vaccine



The Metro Department of Public Health and Wellness will be distributing vaccine to guard against the H1N1 (swine flu) virus as the vaccine becomes available. As Health Matters went to press, the department was receiving its first shipment of 4,000 nasal flu mist doses. These were then being redistributed to health care workers at area hospitals. Hospital healthcare workers are among the first line of defense against H1N1 virus.

The Department of Public Health and Wellness expects to receive follow-up H1N1 vaccine shipments in the following weeks. Initially, we will be distributing this vaccine to those whom the CDC has prioritized as being most at risk from H1N1.

The CDC Recommends These Precautions to Stay Healthy:

Adults and children who become ill with fever should stay at home and not return to work or schools until they have gone 24 hours without a fever.

Cover your nose with a tissue when you sneeze. If no tissue is available, sneeze or cough into your sleeve or elbow rather than into your hand.

Wash your hands often, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.

Avoid touching your eyes, nose or mouth. Germs spread that way.

If you are sick, stay home. If your child is sick, he or she should stay home.

The Department of Public Health and Wellness has been working closely with the Jefferson County Public Schools to plan the most effective means to minimize the effects of H1N1 among school children. Current plans include keeping schools open during the flu season unless illness in a critical mass of students or faculty at a particular school makes keeping that school open impractical.

The department will distribute vaccine to the children of our community through public and parochial schools in November. This vaccination program will be voluntary and each child will need a permission slip signed by a parent or guardian.

The shots will be free!

The CDC has Prioritized Those Who Should Receive the Vaccine as Follows:

- **Pregnant women**
- **Household contacts/caregivers of children younger than 6 months of age**
- **Healthcare and emergency medical services workers**
- **All people from 6 months through 24 years of age**
- **Children from 6 months through 18 years of age.**

There have been many cases of H1N1 influenza in children and they are in close contact with each other in school and day care settings, which increases the likelihood of disease spread

- **Young adults 19 through 24 years of age.**
- There have been many cases of novel H1N1 influenza in these healthy young adults and they often live, work, and study in close proximity, and they are a frequently mobile population.
- **Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.**
 - **Unlike seasonal flu, individuals age 65 and older seem to be less at risk from H1N1 flu.**

For more information visit www.flu.gov or www.louisvilleky.gov/health.



Artificial Trans Fat Attack!

Board of Health to Hold Trans Fat Forums

The public is invited to two Board of Health forums on the health effects of artificial trans fat and potential solutions to the problem.

The forums will be held Tuesday October 27 and Thursday October 29 from 6 p.m. to 8 p.m. both nights at Metro Public Health and Wellness headquarters at 400 E. Gray Street.

The Metro Council has requested that the Department of Public Health and Wellness study the health effects of eating foods containing artificial trans fat and to recommend what measures should be taken in Louisville. The forums will examine the health consequences of eating foods containing artificial trans fat and will take a look at what other

cities have done to protect their citizens. Those attending the meeting will also be asked their views about what should be done in Louisville.

According to the New England Journal of Medicine, elimination or near-elimination of artificially produced trans fats from our foods could eliminate 72,000 to 228,000 heart attacks in America every year. This translates to preventing about 170 to 540 heart attacks in Louisville each and every year. Such foods include french fries and other fried foods, crackers as well as baked goods such as donuts and cakes. All of these foods can be prepared using trans fat-free substances.

Let us know what you think! Please attend these important community forums!



From The Director's Desk

By Adewale Troutman, MD, MPH, MA

As the debate rages over the best approach to health care reform, we must be vigilant that lawmakers do not settle for simply making a broken and inefficient system of sick care available to a broader spectrum of the American population. While quality, affordable health care is essential, a strong public health system focused on prevention must be at the center of the nation's health strategy.

We spend more than twice as much per person on health care as other countries - 16% of GDP in 2006 - and yet the United States has some of the worst health outcomes: worse than 28 other countries in life expectancy, for example.

Perhaps the most looming health threat to Americans is chronic disease, much of which is brought on by obesity, lack of physical activity and poor diet. Chronic disease is a growing epidemic across all segments of the American population. One in 3 Americans – 133 million – has some chronic condition. Our economy simply cannot afford to treat one third of its population using expensive hospital-based interventions.

In July the Centers for Disease Control and Prevention (CDC) released a report indicating that the direct medical costs of obesity were about \$147 billion annually. The proportion of all annual medical costs that are due to obesity increased from 6.5 percent in 1998 to 9.1 percent in 2006, the study said. Obese people spent \$1,429 (42 percent) more for medical care in 2006 than did normal weight people. As the study indicated, “Reversing this epidemic requires a multifaceted and coordinated approach that uses policy and environmental change to transform communities into places that support and promote healthy lifestyle choices for all people.”

While personal responsibility certainly plays a role in eating healthier and in engaging in more physical activity, it's not always that simple. People can only make healthy lifestyle choices from the choices available to them to make.

It is one thing to urge people to eat five to nine servings of fresh fruits and vegetables daily; it is quite another thing to actually do this when you don't have a car, when the nearest supermarket is miles away and when you live in a neighborhood riddled with fast food restaurants and convenience stores that carry only junk food. Low income communities and communities of color often bear a greater chronic disease burden because they more often have limited access to fresh produce and offer fewer opportunities for exercise. But even middle class and non-minority communities have seen huge cutbacks in such resources as physical education in the schools. We need to focus on prevention in every community!

This generation of Americans – our kids and grandkids – will be the first generation whose lifespan will be shorter than that of its parents if we don't reverse the path that we have put them on. It's not enough for us to make sure that our kids and grandkids can go to the doctor and to the hospital when they develop such chronic conditions as heart disease and diabetes. We must give them the tools and the resources to do everything in their power to prevent these conditions!

More than 300 organizations are now urging lawmakers to include prevention and public health funds in any health care reform bill. A 2008 report by one of these groups - Trust for America's Health, a nonpartisan organization that works to make disease prevention a national priority, asserts that an investment of \$10 per person per year in proven community-based programs could save America more than \$16 billion in annual health care costs within five years.

During the twentieth century, the average American lifespan increased by 30 years. Yet only five of those 30 years can be attributed to the work of the medical care system. About 25 years has been attributed to public health improvements emphasizing prevention – improvements to the physical environment, community immunization campaigns, better nutrition and sanitation.

True health care reform must mean keeping people well! It must remove barriers to good health that make people sick in the first place by providing resources for prevention and ensuring health equity for all. These investments in prevention will not only help us to lead longer healthier lives, they will save us money.



Health Matters is the external newsletter of the
Louisville Metro Department of Public Health & Wellness.
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www.louisvilleky.gov/Health
Jerry Abramson, Louisville Mayor and Louisville Metro Council
Adewale Troutman, MD, MPH MA, Director of Health and
William Altman, JD, Chairman, Board of Health

Make Sure Your Children Have Health Insurance

As the healthcare debate rages on across the nation, Kentucky is leading an effort to make sure that parents can get high-quality insurance for their children up to 19 years of age.

The Kentucky Children's Health Insurance Program (KCHIP) provides free or low-cost insurance that covers doctor visits, dental care, inpatient and outpatient hospital services, vision exams, lab tests and x-rays, prescription drugs and much more.

Last October Governor Steve Beshear launched an effort to increase enrollment in KCHIP across the state. Since then more than

22,000 children have been enrolled. In Jefferson County 4,960 children have been enrolled since the launch of the governor's outreach campaign.

You owe it to your children to see if they qualify for KCHIP insurance.



New Mobile Unit Brings Dental Services to Adults and Seniors

A new 40-foot Public Health and Wellness vehicle is bringing dental services to adults and seniors throughout Louisville.

The unit will provide dental services three days a week, Monday, Tuesday and Thursday, at clinics sites on Dixie Highway, in Middletown and in Newburg.

The Metro Department of Public Health and Wellness is also in the process of securing a site for the dental unit in west Louisville and expects to serve approximately 2,500 patients with the dental unit in the first year of operations.

The mobile dental health unit was purchased with \$387,000.00 in federal funds secured by Congressman John Yarmuth. “Because of a lack of access to basic dental care, tooth decay is currently one of the most common forms of chronic disease among children and adults in Kentucky,” said Yarmuth. “With these funds, Louisville will now have a second mobile dental unit traveling to neighborhoods throughout our community and providing much-needed oral health care.”

The mobile dental health unit comes equipped with two dental chairs and digital imaging capability. It is staffed with a dentist, two expanded-function dental assistants and a driver who doubles as a dental clerk.

“The fact that the unit is mobile gives us much more flexibility in where we can deliver dental services,” said Metro Public Health and Wellness director Dr. Adewale Troutman. “We can now provide dental services in all sectors of the community rather than being limited to a fixed location. I want to thank Congressman Yarmuth for this and for all he is doing to improve the health of the people of Louisville.”

The Metro Department of Public Health and Wellness will continue to use its other mobile health unit to provide such services as dental screenings and immunizations to children in schools throughout Louisville.



Policy Makers to Hear From Students on Neighborhood Health Issues

On Tuesday October 20, Metro Council Members, business leaders and community residents will hear from young people on what can be done to make various Louisville neighborhoods healthier and safer places.

Elementary, middle and high school students will present Photovoice and Digital Stories to policy makers and to the general public at a forum to be held at Wheatley Elementary School.

Photovoice is a grassroots approach to social action that puts cameras in the hands of the people often least empowered to affect change - children living in inner city neighborhoods.

Students from Phyllis Wheatley Elementary School, Mezeek Middle School, J. Graham Brown High School and Young Money, a group of youth ages 12 to 17, are taking photos and video images of their neighborhoods

that show possible barriers to eating healthy and living a more active lifestyle.

Center for Health Equity staff members then work with the children at the Center's computer lab to create photo and video projects that the students present to policy makers with the aim of changing neighborhood conditions.

Project coordinator Angela Hollingsworth said, "We have invited council members and representatives from such local business as Brown Foreman to view the presentations on October 20 and to become part of the solutions to neighborhood health problems."

The event will be held from 6 p.m. to 7:30 p.m. at Wheatley Elementary School, 1107 S. 17th Street. The public is invited.

Wheatley elementary school student Sade Gentry (left) shows Photovoice coordinator Angela Hollingsworth (right) a new photo.



Flu Shots by Appointment

Call the clinic site at the phone number listed below to make an appointment.

Dixie Health Clinic
7219 Dixie Highway
937-7277

East Neighborhood Place Health Clinic
810 Barret Ave
574-6638

Middletown Health Clinic
200 Juneau Drive
245-1074

Newburg Health Center
4810 Exeter Avenue
458-0778

Seasonal Flu Shots Continue

Vaccine for H1N1 Influenza Expected Soon

The Department of Public Health and Wellness continues to offer flu shots to guard against regular seasonal flu to everyone age six months or older. The annual Louisville Slugger clinic will be held Sunday October 18 from 10 a.m. to 3 p.m. No appointments are necessary for this clinic.

Flu shots are also available by appointment at the Dixie, East Neighborhood Place, Middletown and Newburg sites.

Flu shots cost \$25. The nasal flu mist costs \$25. Medicare Part B and Passport will cover the cost for those with those insurance plans. The Department of Public Health and Wellness never turns anyone away because of inability to pay.

"We began our vaccinations for regular seasonal flu earlier this year so that we would be ready to give shots for H1N1 flu when the vaccine is ready," said Metro Public Health and Wellness Director Dr. Adewale Troutman. "While H1N1 influenza has gotten a lot of attention, we should remember that regular seasonal flu kills as many as 36,000 people in America every year."

The Centers for Disease Control (CDC) recommends regular seasonal flu vaccinations for everyone six months of age or older as the best way to avoid flu. The CDC especially recommends that people who are at high risk of having serious flu complications or people who live with or care for those at high risk for serious complications get a flu shot each year.

These people are:

- Children aged six months up to their 19th birthday
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including:
 - Health care workers
 - Household contacts of persons at high risk for complications from the flu
 - Household contacts and out of home caregivers of children less than six months of age (these children are too young to be vaccinated)



Vaccine to protect against novel H1N1 influenza (swine flu) is now in development and should be available in Louisville soon. The Metro Department of Public Health and Wellness will release information on H1N1 vaccine as such information becomes available.

For information, phone 311 or visit www.louisvilleky/health

Walk-In Clinic

Sunday, October 18, 2009

10:00 a.m. - 3:00 p.m.

Louisville Slugger Field - 401 E. Main Street
No appointments are necessary for this clinic.

FREE Nicotine Patches Available

Enroll NOW in Cooper/Clayton Classes

YOU Really Can Stop Smoking

Call **574-STOP**

Louisville Jefferson County Smoke Free Coalition

October 2009 Schedule of Cooper/Clayton Programs

October 1, 2009 - Thursdays, 6:00 pm - 7:00 pm
Middletown Christian Church
500 North Watterson Trail

October 20, 2009 - Tuesdays, 8:30 am – 9:30 am
TARC (Transit Authority of River City)
1000 W. Broadway, 3rd Floor

If you've been thinking about stopping smoking, now is the ideal time to do it! The Louisville Metro Department of Public Health and Wellness is now offering free nicotine replacement patches to those who enroll in Cooper/ Clayton stop smoking classes now through October 20.

The Cooper/Clayton method to stop smoking is a 13-week program that includes weekly support group meetings combined with use of nicotine replacement patches. While the classes themselves have always been free, many of the classes had required that participants purchase their own nicotine replacement patches up until now. Funding for free nicotine patches was made possible by a grant from the Kentuckiana Regional Planning & Development Agency (KIPDA) as well as from other program funds.

Below is a list of Cooper/Clayton stop smoking classes. The date listed is the start day of the 13 week course. Registration for the program is required. To register phone 574-STOP (574-7867).



Public Health and Wellness director Dr. Adewale Troutman announces bike lockers and bike library while members of the Louisville Bike Club look on.

Louisville Gets First Bike Lockers and Launches Bike Library



Louisville's first bike lockers.

Louisville has joined such bike-friendly cities as Washington D.C. and San Francisco in making bike lockers available to the general public. The lockers will be available free of charge. People will be required to furnish their own locks.

Containers made of heavy duty steel mounted to a concrete pad, bike lockers provide secure bicycle parking out of the elements. The lockers are located at Gray and Preston Streets on the grounds of Public Health and Wellness headquarters.

The Metro Department of Public Health and Wellness has also established the Metro Bike Library. Bikes will be available on loan to employees of the Metro Department of Public Health and Wellness to travel to

out-of-office meeting and to use on lunch breaks. The department will also lend bike helmets and leg straps for use with the bikes and will require bike borrowers to wear helmets. The Department of Metro Public Health and Wellness is also providing bike safety classes to its employees in conjunction with the launch of the Metro Bike Library.

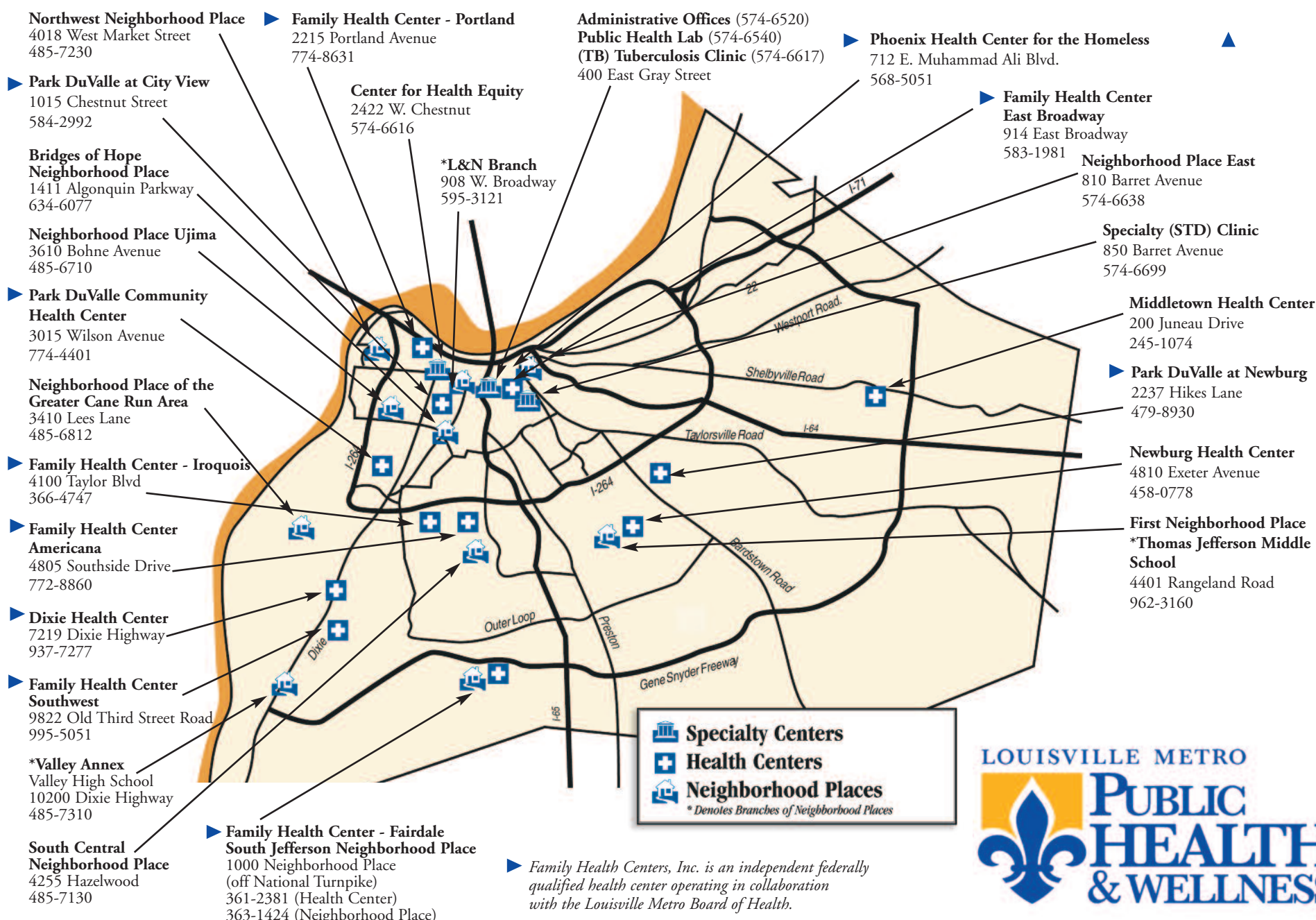
"The Louisville Bike Library is a pilot project that we hope to replicate at other Metro government departments and to businesses throughout Louisville. This initiative will encourage physical activity and help to reduce pollution," said Dr. Troutman.

The Metro Bike Library and the new bike lockers are a part of the campaign by the Mayor's Healthy

Hometown Movement and by the Department of Public Health and Wellness to encourage area residents to become more physically active. They are also part of on-going efforts to make Louisville a more bike-friendly city. Over the past several years Louisville has installed miles of bike lanes throughout the area and has held two bike summits. In 2007 the League of American Bicyclists designated Louisville a bronze level Bike Friendly Community.

For the past five years thousands of Louisville citizens have also participated in the Mayor's Hike and Bikes on Memorial and Labor Day. The Mayor's Bike and Hike is now the largest non-competitive biking event in the United States.

Public Health & Wellness Department, Family Health Center and Neighborhood Place Sites





Congressman John Yarmuth (left) presents Mayor Jerry Abramson and Dr. Adewale Troutman a check for renewed Health Start funding.

The Healthy Start initiative has been awarded a new grant of \$6,375,000.00 from the U.S. Health Resources Services Administration (HRSA). The monies will fund Healthy Start for the next five years and will be allocated in increments of \$1,275,000.00 annually.

In securing the funding, the Louisville Healthy Start initiative had to compete with similar initiatives in cities throughout the United States. Although the Health Resources Services Administration has funded Healthy Start in Louisville since 1998, HRSA requires programs to reapply every four years and to undergo an extensive evaluation process.

Healthy Start Wins Major HRSA Grant

Grant of \$6,375,000.00 Will Fund the Initiative for an Additional Five Years

“Earlier this year and with my strong support, Congress increased funding for Healthy Start to a total of more than \$102 million,” said Congressman John Yarmuth. “I’m delighted that Louisville Healthy Start is receiving funding from this program to continue its vital services to mothers and their infants in our community.”

Healthy Start works to reduce infant mortality in neighborhoods where rates are more than double the rate of the community as a whole. The program provides case management, education, and preventive health services to families enrolled in Healthy Start programs.

Since it was established in Louisville in 1998, Healthy Start has helped more than 6,000 families. The Healthy Start initiative in Louisville is one of only a very few across the country that had no infant deaths among participants from 2002 to 2005 and in 2007. The Louisville Healthy Start initiative has increased the number of women receiving preventive services after the delivery of the baby from 51% in 1999 to 91% in 2007. Program data also document a 54% reduction in smoking rates among Healthy Start clients.

In February, Healthy Start also received a \$308,227.00 grant from the Norton HealthCare Community Trust. The grant will allow Healthy Start to serve an additional 200 families – an estimated 425 infants, toddlers and women. In July, the Metro Department of Public Health and Wellness expanded Healthy Start services to Newburg residents as part of its strategy to locate Healthy Start in all Louisville neighborhoods experiencing disparate rates of infant mortality. This expansion was made possible with funding from the Passport Health Plan.



Mayor Abramson, Congressman Yarmuth and Dr. Troutman pose with Healthy Start clients.

Nineteen Organizations Receive Hometown Grants

Mayor Jerry Abramson has awarded \$50,000 in Healthy Hometown Movement mini-grants to 19 community service-oriented organizations. These groups will use the grants to implement health, physical activity and nutrition initiatives throughout Louisville. Grants ranged from \$500 to \$3,600 each.

Spalding is a first time mini-grant recipient and will use the grant funds to install a Mayor’s Mile walking path on its downtown campus. Additional first time recipients are Bellarmine University, Trainers for Kids, Inc., South Central Kids on the Block, and the Multiple Sclerosis Center.

Organizations receiving 2009 grants are:
Spalding University* (\$500)
Spalding University will mark a one mile walking track around their campus to encourage students and the surrounding community to walk.

Bellarmino University* (\$2,849)
Active Steps for Diabetes will offer physical fitness activities and interactive instruction on diabetes self-management to adults at the Park Duvalle Community Health Center.

The Food Literacy Project (\$3,600)
The Food Literacy Project Scholarship Program will provide transportation to Oxmoor Farm for 200 underserved students, and a full-day of nutrition education on a working vegetable farm to complement practical living content in the classroom

The Center for Women and Families (\$3,188)
The Children’s Summer Program will provide children who reside at the center with fun, educational outings and activities that will teach them to enjoy physical activity and promote healthy eating.

Trainers for Kids, Inc.* (\$2,700)
Trainers for Kids will operate after school programs at Gutermuth and Atkinson Elementary Schools that provide opportunities for nutrition education and physical activity with trained professionals.

Maryhurst (\$3,600)
Wellness with Girls on Campus Program provides instruction regarding exercise and nutrition along with supervised recreation and fitness activities. Trainers from the Heuser Clinic/ Louisville Youth Training Center work with 4 groups of girls (50 total).

Multiple Sclerosis Center* (\$2,700)
The Aqua Aerobics for Individuals with MS program will offer free aqua aerobic classes in six 8-week sessions at Baptist East/Milestone Wellness Center to any individual with Multiple Sclerosis in Louisville Metro.

Kentucky Hemophilia Foundation (\$2,700)
Camp Discovery’s Healthy Living Program is a component of the Kentucky Hemophilia Foundation’s annual residential summer camp for children with lifelong, incurable bleeding disorders. Healthy Living activities will include education and introduction of healthy foods and daily physical activities.

St. Benedict Center for Early Childhood Development (\$2,250)
The Fit and Fitness program will provide once-a-week, 30 minute fitness sessions with a professional instructor and nutrition education sessions with a nutrition specialist to children 5 – 12 years old who are enrolled in the St. Benedict Center for Early Childhood Education.

Lighthouse Promise, Inc. (\$2,700)
The Lighthouse Stretch and Go program will offer 30-60 minutes of exercise through organized recreational sports, including soccer, volleyball and basketball. The Lighthouse Culinary Arts Program will offer free daily meals and snacks prepared by participating children from food grown in the Lighthouse garden.

South Central KY Kids on the Block* (\$2,250)
South Central Kentucky Kids on the Block, Inc. is an educational puppet troupe that travels throughout the state of Kentucky and will perform 6 plays to a combined audience of approximately 750 children in JCPS schools on the topic “Combating Childhood Obesity.”

Louisville Youth Training Center (\$2,700)
Louisville Youth Training Center, in collaboration with JCPS and the Water Company, will implement Tap into Fitness!, a program that provides physical activity opportunities and nutrition education for JCPS students.

Neighborhood House (\$3,600)
The Get Fit Kids! program will teach kids ages two through pre-kindergarten and their families how to improve their

overall health through healthier eating and more active lifestyles.

Watterson American Housing (\$2,700)
American Village will provide 30 minute exercise classes twice a week and sessions with a nutritional specialist to create healthy meal plans for seniors in their low income housing developments.

Dreams with Wings (\$2,425)
The Health and Fitness Education program encourages physical activity for people with mental retardation by offering aerobic activities, strength training and stretching activities in partnership with physical fitness trainers at Body and Soul gym and Yoga East.

Refuge Community Development, Inc. (\$2,425)
The LEAPS (Lifestyle Enhancement and Physical Success) program will help participants meet quarterly weight loss goals by offering weekly opportunities for physical activities, including aerobics, aquatic aerobics, weight training and recreational sports activities. There will also be weekly weigh-ins, monthly body measurements, support and encouragement in meeting weight loss goals.

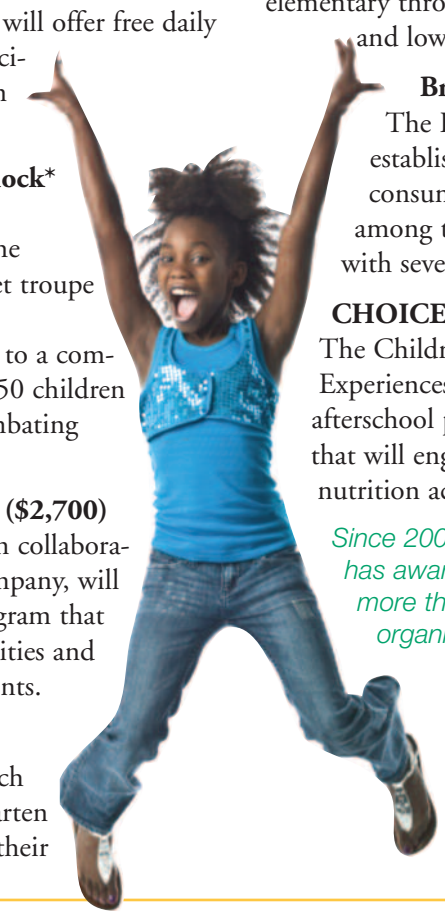
The Americana Community Center (\$2,425)
The Summer Recreation Program will integrate health and nutrition education into a recreation program for elementary through high school age immigrant, refugee and low-income youth.

Bridgehaven (\$2,263)
The Farmer’s Market Club will be established at Bridgehaven to encourage the consumption of fresh fruits and vegetables among their clients. Bridgehaven serves those with severe and persistent mental illness.

CHOICE (\$2,425)
The Children Have Options In Choosing Experiences (C.H.O.I.C.E.), Inc. Program is an afterschool program at Meyzeek Middle School that will engage 12 students in fitness and nutrition activities and education for 28 weeks.

Since 2005, the Mayor’s Healthy Hometown has awarded more than \$350,000 in grants to more than 80 community groups. Thirty-two organizations applied for the 2009 grants.

*first time recipient



Health & Wellness Schedule

This is a (4) session series taught by Certified Diabetes Educators. Attendance at all sessions in a series is strongly encouraged. Please arrive at least 15 minutes early for the first class. The Diabetes Series is FREE!

201 N. 25th Street - **Wednesdays – 1:00pm to 3:30pm**

Wednesday, October 7th:	Diabetes Types, High and Low Blood Sugar, Sick Days
Wednesday, October 14th:	Diet and Exercise
Wednesday, October 21st:	Diabetes Pills, Insulin, Preventing Complications (Pt 1)
Wednesday, October 28th:	Preventing Complications (Pt 2), Foot & Skin Care Glucose Monitoring & Standards of Care

400 East Gray Street - **Saturdays – 9:00am to 3:00pm**

Saturday, November 7th:	Diabetes Types, High and Low Blood Sugar, Sick Days, Diet and Exercise
Saturday, November 14th:	Diabetes Pills, Insulin, Preventing Complications Foot & Skin Care, Glucose Monitoring and Standards of Care

No charge to attend and no registration is required.
A partnership with the Jefferson County Cooperative Extension Service
and the Louisville Metro Public Health & Wellness Diabetes Program.
For people who have diabetes and their family and/or caretakers.

3015 Wilson Ave. - **2nd Thursday of Every Month - 9:30am to 11:00am**

November 12th

Gearing up for the Holidays

Classes do not require registration. Call 574-6585 for more information on classes.

Gail Hart, Certified Instructor

Dept. of Public Health & Wellness – 400 East Gray Street (FORUM)
Tuesdays & Thursdays - 5:00pm to 6:00pm

FREE Classes - Dept. of Public Health & Wellness - 400 East Gray Street (FORUM)
Mondays & Wednesdays - 5:30pm to 7:00pm

Call 574-STOP (7867) for a schedule of classes being offered/information

This program addresses all aspects of smoking and uses nicotine replacement therapy during 13 weekly, one-hour educational sessions. Registration is required. Cost for each participant is \$10.00 for materials and the cost of the nicotine replacement products. There is no cost for materials at the Park DuValle Community Health Center or the Portland Family Health Center for those who qualify. **All Louisville Metro Public Health & Wellness Cooper Clayton Classes are FREE!**

Begins October 20, 2009 - Tuesdays from 8:30am to 9:30am
Transit Authority of River City (TARC) - 1000 W. Broadway - 3rd Floor

Breastfeeding Classes *Call 574-5277 to reserve a space!*

All classes are FREE! Learn how to be successful at breastfeeding. Dates and times are subject to change. A reminder will be sent out to attendees.

Tuesday's – 2:00pm to 3:30pm – Sep 15, Oct 20, Nov 17
Call to Schedule Appointment – 744-1242 (Shannon)

Tuesday's – 10:00am to 11:30am – Sep 15, Oct 20, Nov 17
Call to Schedule Appointment – 544-3405 (Abby)

Tuesday's 1:30pm to 3:00pm – Sep 1, Oct 6, Nov 3
Call to Schedule Appointment – 541-2569 (Jenell)

Tuesday's – 2:00pm to 3:30pm – Sep 4, Oct 2, Nov 6
Call to Schedule Appointment – 744-1242 (Shannon)

Friday's – 11:00am to 12:30pm – Sep 1, Oct 5, Nov 3
Call to Schedule Appointment – 541-9935 (Susana)

Friday's – 2:30pm to 4:00pm – Sep 11, Oct 2, Nov 6
Call to Schedule Appointment – 551-4384 (Nina)

Tuesday's (English & Spanish) 4:30pm to 6:00pm – Sep 8, Oct 13, Nov 10
Call to Schedule Appointment – English 744-1242 Susana, Spanish 744-1242 Shannon

Monday's – 1:30pm to 3:30pm – Sep 14, Oct 5, Nov 6
Call to Schedule Appointment – 541-2569 (Jenell)

Thursday's – 5:00pm to 6:30pm - Sep 10, Oct 8, Nov 12
Call to Schedule Appointment – 541-2569 (Jenell)

Thursday's – 10:30am to 12:00pm – Sep 24, Oct 22, Nov 19
Call to Schedule Appointment – 544-3405 (Abby)

Friday's – 2:30pm to 4:00pm – Sep 18, Oct 9, Nov 13
Call to Schedule Appointment – 551-4384 (Nina)

BABIES R US 4623 Shelbyville Road

Tuesday's 6:30pm to 8:30pm - Call for dates 896-9994 Ext. 4 – Baby Registry

First Tuesday of each month – 6:30pm to 8:30pm
Call to register 544-3405 (Abby)

Mammograms

For women 40 yrs and over. No cost to program eligible women without Insurance If you have Insurance, Medicare, or Medicaid, your provider will bill that agency. Sponsored by: Louisville/Jefferson County Partnership in Cancer Control

October 15 8:30am- 3:30pm	St. Catherine Court 1114 S. 4th Street (40203) Scheduling # - 569-3425	October 26 8:30am - 3:30pm	The Clifton Center (Dist. 9, Councilwoman Tina Ward Pugh) 2117 Payne Street (40206) Scheduling # - 574-1109	November 9 8:30am - 3:30pm	Beechland Baptist Church (Dist. 12, Councilman Rick Blackwell) 4613 Greenwood Road (40258) Scheduling # - 574-1112
October 20 8:30am- 3:30pm	YMCA - Southwest Family Branch 2800 Fordhaven Road (40214) Scheduling # - 933-9622	November 2 8:30am - 3:30pm	VFW Middletown 107 N. Evergreen Road (40243) Scheduling # - 491-7688	November 23 8:30am - 3:30pm	Churchill Downs Gate 5, 4th Street, in Chapel (40212) Scheduling # - 852-6318 (Kentucky Cancer Program) (Spanish Translation Provided)
October 24 8:30am- 3:30pm	First Baptist Church of Jeffersontown 10600 Watterson Trail (40299) Scheduling # - 267-6121 ext.0	November 7 8:30am- 3:30pm	First Gethsemane Baptist Church 1159 Algonquin Pkwy. (40208) Scheduling # - 635-7906	November 30 8:30am - 3:30pm	Britthaven of South Louisville 9600 Lamborne Blvd. (40272) Scheduling # - 935-7284